



**H**elping an older person who speaks your native language find important services.



**V**isiting a nursing home resident so she can pet your dog.

**G**rocery shopping for older adults and neighbors with disabilities.



"...fulfilling opportunities for engagement will ensure a vibrant community."

*Fairfax County Board of Supervisors  
October 2007  
[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)*



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August 2008

If you can  
**Imagine**  
a caring community for  
all ages...



Then maybe you  
can help us  
**Create** one.

**Volunteer  
Solutions**

Fairfax County Department of Family Services  
Adult and Aging Division  
Fairfax Area Agency on Aging

# Creating a caring community

## Our Volunteers

"You start volunteering because you want to do something for someone else and it turns out that they do something for you. They fill your heart with joy."

*Laura volunteers with Meals on Wheels.*

"I volunteer for the smiles, the beautiful smiles that are like the sun breaking through on a cloudy day."

*Barbara volunteers for Fairfax Pets on Wheels.*

"I didn't realize it when I started [volunteering], but it gives meaning to my life."

*Charles, a federal government retiree, volunteers as a medical insurance counselor.*

"I had always worked with teenagers and wanted to do something for another age group. I enjoy listening to the stories of the people I help. It's a feel-good experience."

*Janice is a retired teacher and volunteer grocery shopper.*

## Our Opportunities

- Meals on Wheels Drivers
- Drivers to Medical Appointments
- Office Assistants
- Insurance Counselors
- Fairfax Pets on Wheels
- Friendly Visitors
- Grocery Shoppers
- Household Tasks and Yard Chores
- Long-Term Care Ombudsman



## Volunteer Solutions for a Caring Community

Imagine a community where people feel cared for and connected throughout their lives.

Volunteer Solutions creates this kind of community every day. Its 2,000 volunteers link people to community services, provide consumer advocacy to resolve issues with health insurance and long-term care providers and provide services that help people stay in their own homes.

Some volunteers prefer leadership positions in program development and administration while others have special skills to share.

*Call us to discuss your ideas for creating a caring community.*

## Volunteer Solutions for a Diverse Community

As our community grows older, it also grows more diverse. Volunteer Solutions is committed to serving the county's diverse communities and welcomes your help in extending our reach.



## Volunteer Solutions

A program of the  
Department of Family Services  
Division of Adult and Aging Services  
Fairfax Area Agency on Aging

703-324-5406

TTY 703-449-1186

[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa)